

Our Negative Thinking

"It's impossible."

"I'm not able to do it."

"I'm too tired."

"Nobody really loves me."

"I can't go on."

"I'm not able to figure it out."

"I'm not able to do it."

"It's not worth it."

"I'm not able to forgive myself."

"I'm not able to mange."

"I'm afraid."

"I'm worried and frustrated."

"I don't have enough faith."

"I'm not smart enough."

"I feel all alone."



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God's Promises

"All things are possible."
Luke 18:27

"You can do all things through Christ."
Philippians 4:13

"I will give you rest."
Matthew 11:28-30

"I love you."
John 3:16

"My grace is sufficient."
2 Corinthians 12:9

"I will direct your steps."
Proverbs 20:24

"I am able."
2 Corinthians 9:8

"It will be worth it."
Romans 8:28

"I forgive you."
1 John 1:9

"I will supply all your need."
Philippians 4:19

"I have not given you a spirit of fear."
2 Timothy 1:7

"Cast all your cares on Him."
1 Peter 5:7

"I've given everyone a measure of faith."
Romans 12:3

"I give you wisdom."
1 Corinthians 1:30 & James 1:5

"I will never leave you nor forsake you."
Hebrews 13:5



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